

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM		Barbell Club (Deadlift) (1 Hour)		Barbell Club (Squat) (1 Hour)			
6:45AM	Functional Fitness (Team) (45 mins)		Engine (Zone 2) (45 mins)		Functional Fitness (Solo) (45 mins)		
8:30AM						Metcon (1 Hour)	
9:00AM							Functional Fitness (Solo) (45 mins)
9:30AM	Barbell Club (Squat) (1 Hour)	No Bar Strength Club (2) (45 Mins)		Engine (Intervals) (30 mins)	Barbell Club (Deadlift) (1 Hour)		
9:45AM						Engine (Intervals) (30 mins)	
10:00AM							Yoga (45 mins)
10:30AM						Core (45 Mins)	
12:30AM	No Bar Strength Club (1) (45 Mins)	Engine (Threshold) (30 mins)	Metcon (45 Mins)	Functional Fitness (Solo) (30 Mins)	No Bar Strength Club (2) (45 Mins)		
5:15PM	Engine (Zone 2) (30 mins)	Metcon (1 Hour)	Functional Fitness (Solo) (30 mins)				
5:30PM					Engine (Threshold) (30 mins)		
6:00PM	Functional Fitness (Solo) (45 Mins)		No Bar Strength Club (1) (45 mins)	Functional Fitness (Team) (45 mins)			
6:30PM		Engine (Intervals) (30 mins)			Olympic Lifting (1 Hour)		
7:00PM	Barbell Club (Deadlift) (1 Hour)	Olympic Lifting (1 Hour)		Barbell Club (Squat) (1 Hour)			